

"Palmarum Qui Meruit Ferat."

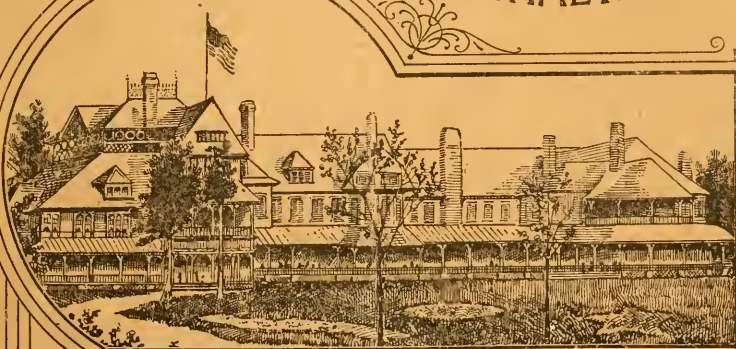
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# The AMERICAN CARLSBAD

FAMOUS NATURAL MEDICINAL WATERS AND ITS



SWEET WATER PARK HOTEL, LITHIA SPRINGS, GEORGIA.

GEORGIA BROMINE~LITHIA  
AND BOWDEN LITHIA~

12610  
OPEN ALL THE YEAR...  
LITHIA SPRINGS  
· GEORGIA ·

SECOND EDITION

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# Bowden Lithia Springs,

GEORGIA.



SWEET WATER PARK HOTEL AND BOULEVARD.

A RIDE of less than an hour from Atlanta—the New York of the South—in the handsome coaches and over the well built roadbed of the Georgia Pacific Division of the Piedmont Air Line System of railways, brings the invalid, tourist or pleasure-seeker to the famous Bowden Lithia Springs, lying quietly among the hills of Northern Georgia, a little further south than Marietta, Ga., and about on a line with Aiken, S. C., 1,200 feet above the sea-level, and sufficiently removed from the coast—300 miles—to escape the heavy salt air, with its depressing influence upon the delicate invalid.

This group of Springs has attained a national reputation for the curative powers of its Waters in a wider range of human diseases than that of any other known mineral spring in this or any country, surpassing in efficiency the famous waters of Europe.

The surrounding country is elevated and broken, interspersed with pine, oak, maple and cypress forests, and watered by haw and holly-skirted streams. The deep pine woods, with their resinous odors, the sun-kissed hill tops and the deliciously cool valleys between, give rise to expressions of delight and surprise from every visitor.



HOLLY BEND, ON THE SWEET WATER.

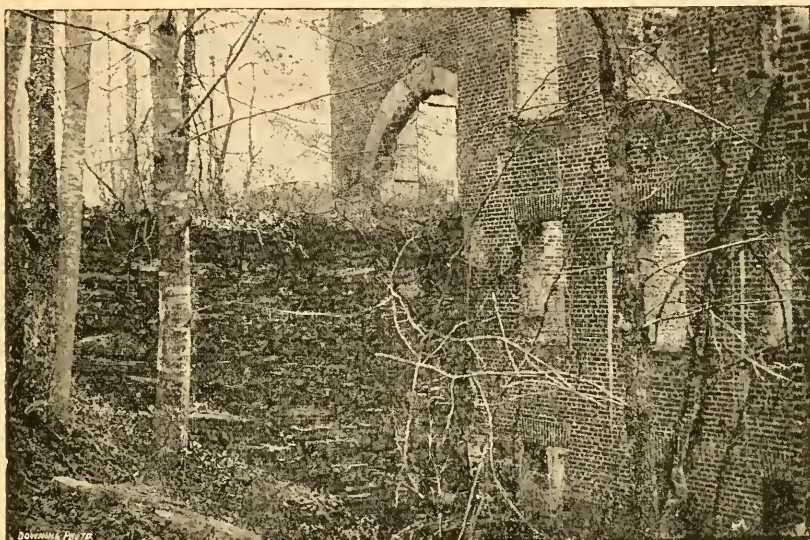
The climate, for the large majority of invalids, is decidedly preferable to that of the high mountainous regions, where the great and sudden changes of temperature so often occur, especially in the evening, exerting a depressing and injurious influence upon the feeble and delicate in search of health. Those who are at all familiar with this locality, as compared with the former, very readily admit the fact that the air at this resort is far dryer and more salutary. Although the mountains may present higher altitudes and sublimer scenery, and the resorts near the ocean and in the low regions of southern Georgia and northern Florida furnish easier access to large bodies of water, yet it should be borne in mind that their atmospheres are heavily charged with moisture that is inimical to the health of all but the most robust. A feature well worthy the attention of the public in connection with this matter, especially bearing upon the benefits derived from sea water, is the fact that Bowden Lithia Water possesses all the *valuable qualities* of sea water without the *disadvantage* of the heavy salt sea air, so dangerous to invalids. Prof. N. A. Pratt, M.D., State Chemist of Georgia, says, in his analysis of Bowden Lithia Water: "The *sodium chloride* and *Iodine* impart to this water *all that is valuable in sea water*." These facts, taken in connection with the overshadowing fact that not one of these resorts—mountain or ocean—is blessed with the life-giving and health-restoring Water found at these Springs, seem to render further argument unnecessary.

The temperature, in its widest range, does not suffer by comparison with either class of resorts above mentioned, but produces a more equable climate than they, rarely reaching 90° in summer or going below 40° in winter, while the nights are proverbially pleasant, insuring comfortable and refreshing sleep. When sufferers from Insomnia have used the Water they have found the Bromides contained in it acting like magic upon the Nervous System.



## Central and Northern Georgia.

The great "Cotton Belt" of the South passes through this section, and on every hand are seen the great cotton fields blooming with the beautiful "cotton-flower" from August to October, soon followed by the bursting boll of pure white, fleecy cotton, the greatest staple of the world's commerce. Here, too, will be found corn that rivals even the famous product of Illinois, waving under the genial sunshine, and growing to an enormous size both in stalk and ear.



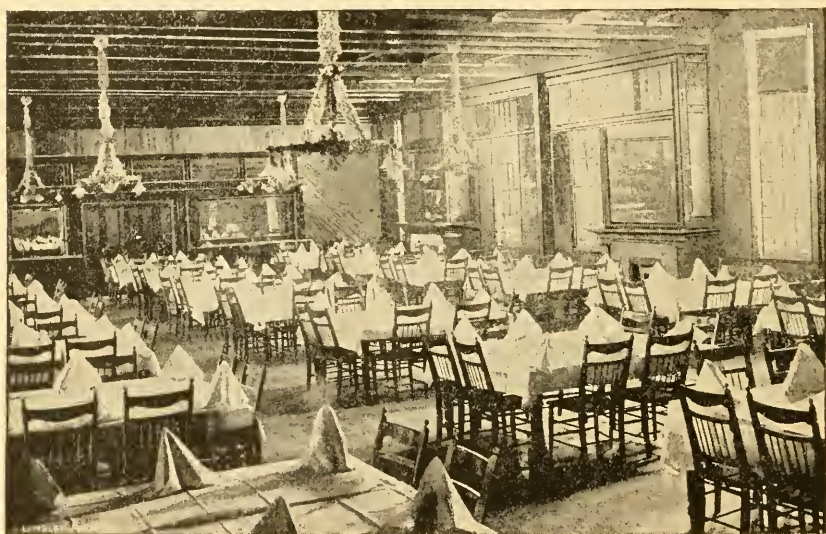
THE OLD COTTON MILL, SWEET WATER SHOALS.

DESTROYED BY SHERMAN'S CAVALRY. END VIEW, SHOWING OLD WATER-RACE.

We present herewith a photographic view of a majestic ruin—Manchester Mill—on the Sweet Water Shoals, formerly the finest cotton factory and water-power in all the South. This mill was destroyed by a company of Federal cavalry during the investment of Atlanta, and stands to-day a mute, but eloquent protest against the vandalism of war. The heavy, massive brick and granite foundations and walls, the once-powerful water-wheel, thirty feet in diameter, the twisted and bent shafting, the dilapidated stone mill-race, and the general ruin produce a feeling of regret at their destruction. The walls, five stories in height, are overtopped by large trees growing within them, and the interior, a photograph of which is here given, is peculiarly instructive and interesting. The Rapids of the Sweet Water, which furnished the motive power for this large factory, are picturesque beyond description. For over two thousand yards the fall is very rapid, and the rushing, foaming torrent leaps and plunges from boulder to boulder in a current over one hundred yards in width, forming a scene that is unsurpassed for beauty and rugged grandeur by any natural water.

the entire South. The Old Cotton Mill and the Shoals are accessible by a short hour's drive, over a good road, through odorous pine woods and along the Kalmia-skirted banks of the placid Sweet Water.

There are no better roads or more delightful drives than those extending in all directions from Sweet Water Park Hotel for miles around. The famous Shoals, the Ruined Mill, Chapel Hill, the Dome Rocks, showing the mighty action of some great sea in prehistoric times, the Mill in the Glen, Ferguson's Mill, the Old Distillery, where, at the present time, the finest peach and apple brandy and superior whiskey are distilled, Powder Springs, the beautiful boat-rides on the Sweet Water, the resinous pine forests which abound in every direction, the blooming cotton-fields, the great Piedmont Chautauqua, with its wondrously beautiful Rose Mound, mammoth Amphitheatre, capable of seating 6,000 people, Moorish Hall, School of Philosophy, Rambles and Lake, and many other points of interest, render this section of country irresistibly attractive, and one to which the visitor invariably returns. A most excellent livery is maintained at the hotel, affording unexcelled facilities for visiting all points of interest by carriage or saddle.



SECTION OF DINING ROOM, SWEET WATER PARK HOTEL.

From the Observatory of the Hotel a most magnificent panorama of landscape is spread out for miles at one's feet. Looking east we see the smoke from the many chimneys of manufactories in Atlanta, twenty miles distant, with the Chattahoochee River, like a silver ribbon in an emerald landscape, and a fine rolling country supervening. To the north lies famous old Kenesaw Mountain, from whose summit was waved that memorable message to the beleaguered garrison at Altoona, "Hold the fort, I am coming," which has since been set to music and sung the world around. Beyond is that stubbornly contested field of Resaca. To the northwest is famous Lookout Mountain, ever memorable for its "battle among the clouds." This is historic ground, and yet to-day gives evidence of naught save the peaceful pursuits of the industrious and energetic citizens of the Empire State of the South—Georgia.



The superb Sweet Water Park Hotel has accommodations for 500 guests. The cuisine is unsurpassed by any similar house in this country. The service is by a corps of trained waiters, and is prompt and efficient. The grand dining-room is finished in cherry and curled pine, with eight large French plate mirrors surmounting handsome sideboards. The linen is above reproach, while the plate is of the best. There are no dark rooms in the house. The beds are of curled hair, with wire mattress, and the linen is scrupulously clean. The Hotel is lighted by 750 incandescent electric lamps, there being no gas or other dangerous illuminating agents used. The porches, ranging from fifteen to twenty feet in width, are 700 feet long, on three sides of the house. The ball room is spacious and lighted by electric lamps, and a good orchestra is supplied for dancing.

The grounds are artistically laid out in the most modern landscape form, amid a profusion of the finest flowers of every variety, which are prettily grouped about the several fountains. Broad drives approach the wide and spacious porches, and the Bowden Lithia Springs Short Line Railroad trains depart every half hour from the west porch of the Hotel for the Lithia Springs,  $1\frac{3}{4}$  miles distant.

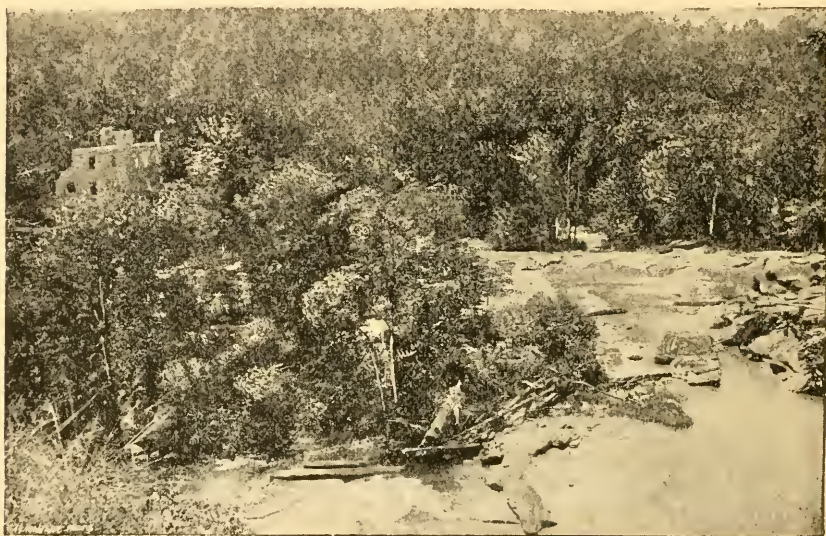


OFFICE, SWEET WATER PARK HOTEL.  
SHOWING TESSELATED MARBLE FLOOR.

This elegant hostelry was built by Messrs. E. W. Marsh & Co. upon the firm conviction that the remarkable results attained by physicians from the use of the Water in the wide range of ills that flesh is heir to, would ultimately attract the attention of the entire country, drawing not alone the pleasure-seeker, but the invalid, seeking relief when all other means fail. The climate, indeed, is remarkable. Situated 1,200 feet above the sea level, 300 miles from the coast, the air is dry and bracing, and miasma, malaria and fevers are unknown.

In this connection the following extract from an article by Dr. Ferdinand M. Seeger, of New York, editor of *Medical Classics*, in the June, 1888, issue, in relation to this Hotel, will prove very interesting reading to those who are anxious to secure the best Water and the best hygienic conditions:

"It should be borne in mind that in selecting a mineral spring resort there are other factors to be considered. The site and location of the spring; the healthfulness of its location and similar factors, are no less important. A visit to a mineral spring resort implies a more or less prolonged stay at some hotel or boarding-house, and to the careful invalid this brings up questions as to the sanitary condition of the hotel, the purity of its water-supply, the disposal of its sewage, the drainage, and other equally important factors. The managers of the Sweet Water Park Hotel, at Lithia Springs, Georgia, have been very careful in locating their hotel with a view to hygienic and sanitary advantages. It is located



SWEET WATER SHOALS—OLD MILL IN DISTANCE.

PHOTO TAKEN FROM PALISADES, 150 FEET ABOVE THE STREAM.

1,200 feet above the sea level, and the location, soil and subsoil are of a character which conform with thorough natural drainage. The air is pure and bracing; the temperature rarely falls below 40° Fahr. in the winter, and in the summer it seldom goes over 90° Fahr. The purity of the air is such, however, that temperature changes are hardly noticed. The Georgia pine, which grows very largely in this section, exhales its balsamic aroma and adds its soothing and healing influence to an atmosphere so pure that every inspiration is a luxury and a pleasure. The vegetables are from the hotel gardens, and therefore fresh and in liberal supply. The meat is obtained from Chicago in refrigerator cars. Every care is taken to insure a clean, fresh and pure milk-supply, the Hotel Company owning its own herd of Jersey cows. As an additional evidence of the care taken to make this a true sanitary resort, over a quarter of a million of dollars were expended upon the Hotel, grounds and sanitary arrangements."

Unlike the ocean and mountain resorts, the "season" proper lasts until October, and henceforth the Hotel will remain open for guests during the entire year, in order that they may be enabled to secure the benefits to be derived from drinking the Water and using the various baths at the Springs.

So many remarkable accounts are given the public of cures effected by nearly all springs, that it is beginning to be tiresome to listen to them. But so few are well authenticated that suspicion is cast upon all, in some instances unjustly. Since the use of mineral waters has become general, many invalids have been most shamefully misled into visiting the so-called "health-giving springs" of every kind, whether possessing remedial properties or not, and have purchased and used the "all-healing" waters, only to find them mirages, and the search for relief a bitter disappointment.

Dr. Ferdinand M. Seeger, in *Medical Classics*, June, 1888, further says, in relation to this subject, in an article entitled, "A Pure Mineral Water :"

"The history of mineral springs shows that mineral waters have been held in high esteem as remedies both by the civilized and uncivilized of every age. 'There is,' says that able writer Walton,\* 'an atmosphere of quackery surrounding springs in this country, which is exceedingly repulsive to the scientific physician. The 'cure-all' style of advertisement, pursued by many proprietors of springs, has contributed largely to bring odium



RAPIDS OF THE SWEET WATER.

upon mineral waters. Hopeless invalids have been induced to take long journeys to springs in no way adapted to their diseases.' I have never seen clearer water than that from the Bowden Lithia Springs, which are located on the grounds of the Hotel, and I take pleasure in saying that I have examined it carefully and tried it, and recommend its use to all sufferers from Uric Acid troubles. Its 'sparkling purity' gives it a most inviting and refreshing appearance. It is very pleasant and palatable, and for mixing with wines it is certainly the peer of any imported water."

The true value of a medicinal agent is determined by the results attained by its use. There can be no other satisfactory test. The proof of the pudding lies rather in its eating than in the recipe for its construction, and the value of a medicinal mineral water is determined by the bonafide cures resulting from its use.

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\*"Mineral Waters of the United States and Canada."



For over 100 years the locality from which Bowden Lithia Water comes was known as a "deer-lick" by the Cherokee Indians, who at one time inhabited all the northern and central part of Georgia, and the edges of the bowlders in the Springs show to-day conclusive evidences that these animals frequented the Springs and "licked" the rocks in order to obtain the saline properties of the Water. An unquestioned indication of the value placed upon the Water by the Indians themselves is shown by the fact that they hollowed out of the solid rock the smooth, round basins so characteristic of the race, and which were found when the Springs were prepared for general use. It was a "medicine" spring for the



KALMIA AVENUE, BANKS OF THE SWEET WATER.

1,000 FEET ABOVE SEA LEVEL.

Cherokees, and around it hovered the "Spirit of Healing" in the Indian mind, sent by the Manitou, or Great Spirit, to heal their wounded or diseased bodies and renew their wonted vigor, so essential for the chase or the war-path.

The first authentic cure effected by the water upon a white person was in the case of Mr. M. S. Gore, an old man, now 73 years of age, who at the time of the cure was a lad of 13 years, and who still resides in the vicinity of the Springs. His use of the water was owing to the advice of the Indians. Since then, and up to within five years, no attempt had been made to keep any record of the many cures effected, although for many years prior to 1884 parties came from long distances, bringing tents for living purposes, there being no accommodations, and subsisting upon the game to be found in the woods, and provisions brought with them from their homes. With these strong indications of the medicinal value of the Water confronting him, Judge John C. Bowden, from whom the Water derives its name, determined upon a careful analysis of it, and what had been considered a common "salt" water, proved to be the finest water of its kind ever discovered, being very rich in that rare salt, Bi-Carbonate of Lithium, containing more of that priceless ingredient than all other so-called "Lithia" Springs combined. With this valuable ingredient were also found Bromine, Iodine, Soda Salts, Iron and other tonic elements, which, as is conceded by the most eminent physicians, are valuable beyond computation in all Kidney and



Bladder affections, Gout, Rheumatism, Calculi, Gravel, Cystitis, Stone, Dyspepsia of every form, Nervous Prostration, Insomnia, and a specific for the protean forms of Eczema. As a bath water in all cutaneous disorders, the value of it has been determined beyond any dispute.

From Judge Bowden, the property passed into the possession of Mr. E. W. Marsh, of Atlanta, Ga., the present owner, who, after thoroughly testing the Water, in cases that were pronounced incurable and sent to the Springs at his own expense, was induced to erect the splendid Sweet Water Park Hotel, Marble Pavilion, Bath House, Bottling-House, and the other improvements. The title, Sweet Water Park, was derived from the stream bearing that name, a short distance from the Hotel, named after old Sweet Water, a famous chieftain of the Cherokees. Upon these improvements has been expended nearly half a million dollars. The illustration given below shows the Marble Pavilion over the principal spring, erected at a cost of \$6,500, and forming the finest example of Spring architecture in this country.



MARBLE PAVILION OVER LITHIA SPRING.

AREA 3,000 SQUARE FEET ; COST \$6,500 ; HOLDING 500 PEOPLE.

The Water long since attracted the attention of physicians, and scarcely a practitioner in the State has failed to prescribe it in his practice, and with unvarying beneficial results. We append herewith a letter from Dr. J. B. S. Holmes, of Rome, Ga., President of the Georgia State Medical Association:

ROME, GA., September 30th, 1889.

*Bowden Lithia Springs Co.,  
Lithia Springs, Ga.*

GENTLEMEN:—It gives me great pleasure to add my testimony to the value of your Bowden Lithia Water in many diseases. For several years I have used it extensively in my

practice, with the most gratifying results. Its effects, in many cases of Stomach, Kidney, Bladder and Nervous Diseases, have been truly marvelous. I have had particularly happy results from its use with ladies suffering with Insomnia and Nervous Dyspepsia. I can and do heartily recommend this water as a very valuable remedial agent.



BOATING ON THE SWEET WATER.

As to your hotel—the Sweet Water Park—I found it strictly first-class in all of its appointments. The location is superb—elevated, dry, healthy and easy of access. The guest who is fortunate enough to spend a while within its hospitable walls is certainly to be congratulated.

Very truly yours,

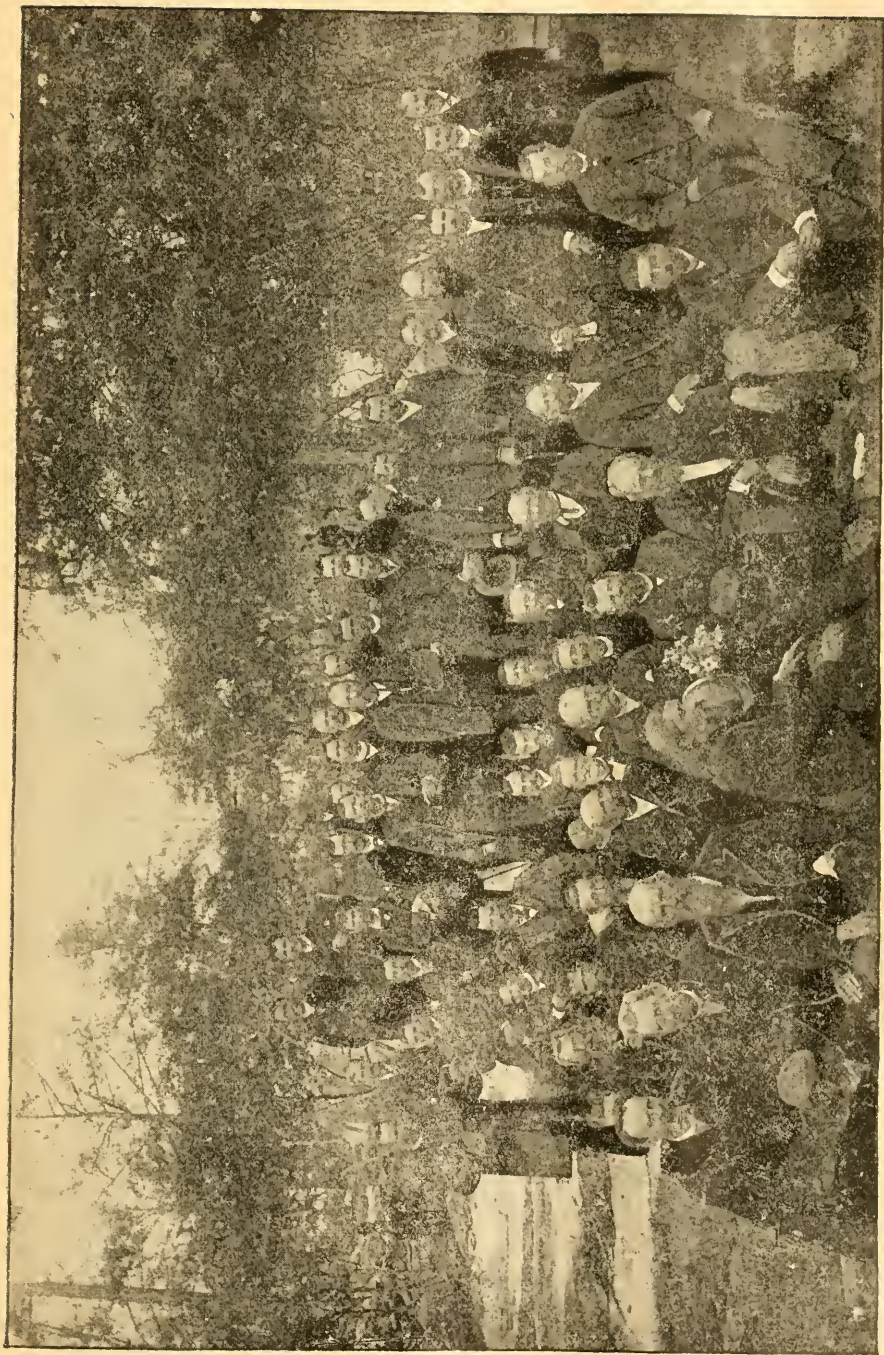
J. B. S. HOLMES, M.D.

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#### CONGRESS OF PHYSICIANS.

We present herewith a photograph of the Congress of Physicians, held at the Springs, September 10th, 1887. This learned and able body of gentlemen, comprising some of the most talented members of the Medical Faculty in all the South, gave its unqualified and hearty endorsement and approval to the wonderful medicinal qualities of Bowden Lithia Water. We also present, further on, the recommendations given by some physicians who did not attend the Congress. Surely there could be no greater consideration shown a mineral water than this, and it should stamp Bowden Lithia Water as of the very highest order of merit.





CONGRESS OF PHYSICIANS.  
HELD AT LITHIA SPRINGS, OCTOBER 10TH, 1887.



THE FAMOUS BROMINE-LITHIA SPRING.

## Lithia—Its History and Uses.

Lithia, from the Greek Lithos, a stone, was first discovered by Arvfredson, in 1817. It is considered the most valuable alkali known to the medical profession, from the fact that it is the only known solvent of Uric Acid, and when first discovered, owing to the great scarcity of the deposits of the rare mineral from which it is derived—Petalite—and which is seldom found occurring in mineral waters, it was feared that the supply would be inadequate to the demand. Its name—Lithia—stone dissolver—is derived from its peculiarly powerful quality of dissolving uric acid calculi, whether in the kidneys or bladder, formed by deposits of Uric or Lithic Acid, a synonym used by J. Milner Fothergill, M.D., of England, for Gout Poison. (See his "Gout in its Protean Aspects.") It is singular in its power, and its value is beyond computation in the treatment of all forms of diseases of the Uric Acid Diathesis. A remarkable feature in connection with its presence in this country is that there are no genuine Natural Lithia Springs found, save upon the eastern slope of the great mountainous chain extending from southern Pennsylvania to middle Georgia and Alabama, and it is only there that they are known to exist. Aside from their value in removing these calculi formations, these waters are unsurpassed in their value as prophylactics or preventives of this form of disease. Their great superiority over any artificial compound prepared by the most skillful chemist is attested by every well-informed physician. Thompson, in his "Preventive Treatment of Calculus," says: "I have proved by experiment that the solutions prepared by nature (Lithia Waters) far surpass in effect the same draughts concocted by the apothecary," thus showing conclusively the value of Natural Lithia Waters. Artificial mineral waters, owing to impure water and drugs, and their almost criminal adulteration, are pronounced by eminent medical authorities as positively dangerous to use, and they have agitated the promulgation of a general law forbidding their manufacture and sale.



# Hot Springs System of Baths.



BATH HOUSE AND MEDICAL DEPARTMENT.

**Far Better than Simply a Hot Water is the Famous Medicinal Water (heated to any desired temperature) of the Bromine-Lithia Spring. It Accomplishes More in Every Form of Disease than any Hot Spring in the World, and We Can Prove It.**

The Company has secured the services of a competent physician, who is familiar with Hot Springs, Ark., to introduce the famous Hot Springs System of Bathing at Lithia Springs. The Hot Springs Bath House or Medical Department is now completed and is built on the same principle as those of Hot Springs, Ark.

Parties suffering from any of the following troubles will find relief and cure from the use of these baths in connection with the proper remedies, as medicines are more effective when the system is cleansed by bathing: Rheumatism, Gout, Scrofula, Paralysis, Neuralgia, Syphilis—acquired or hereditary, in all its different forms—Ozena and Catarrhal Sore Throat, Skin Eruptions, embracing Eczema, Psoriasis, Urticaria, Impetigo, Prurigo, Rupia, Chronic Ulcers, Glandular Enlargements, Malarial Poison, and of special benefit in Menstrual Troubles.

This is a long list, yet all are caused directly or indirectly by an impure condition of the blood. The Vapor Bath sweats out the impure matter and rouses the dormant glandu-

lar system to action, and is acknowledged to be the most rapid and at the same time most thorough means of cleansing the system of impurities. Thousands and thousands of cases have been cured at the Springs by this process when all other remedies have failed and hope was gone.

The vapor used here is obtained by passing a stream of Mineral Water over a coil of hot pipe. The vapor rises into a compartment in which the patient sits, and causes free sweating. While taking this bath the hot mineral water is drank freely, inducing free perspiration.

The patient goes from this sweat cabinet, at the expiration of from three to eight minutes, to a marble slab, and is rubbed briskly with a rubber brush. Soap is then applied and the rubbing continued till all the effete matter driven out by the sweating is removed. A tepid shower bath and sponge-off in alcohol complete the process.

The latest and most improved electric apparatus has been provided for the treatment of cases where the use of electricity is indicated, including electric massage.

Any one desiring information in regard to special troubles, or wishing to know terms of treatment and baths, may write to Dr. W. H. WHITEHEAD, Lithia Springs, Ga., who has charge of the Medical Department.

NOTE.—Do not confound this Bath with the numerous sweat-box, hot-air arrangements now in use. This is a *mineral vapor* obtained from Lithia Springs Mineral Water, and is remarkable in its healing properties, leaving the skin soft and velvety, not harsh and dry. For Skin Eruptions and Old Sores it is a *certain cure*.



BOWDEN LITHIA SHORT LINE RAILROAD.

This is a chartered company owned and controlled by the Springs Company, running comfortable and commodious cars hourly from the Hotel direct to the Springs, distant  $1\frac{3}{8}$  miles, affording rapid and safe transit for guests. These trains run from 6 A. M. to 9.30 P. M., leaving the west entrance of the Hotel on the even hour.

## Piedmont Chautauqua.

Its Motto: "The Enlightenment of the People."

"I consider my part in the establishment of the Piedmont Chautauqua the one great meritorious act of my life."—HENRY W. GRADY.

There can be no higher ideal set up in the mind of the masses than an unselfish and self-sacrificing effort for the higher education and lifting up of the common people into the light of knowledge and honorable citizenship. And he who thus devotes himself to the great task must be counted a benefactor of his kind.



GRAND ENTRANCE, MOORISH HALL, PIEDMONT CHAUTAUQUA.

AMPHITHEATRE—HOLDING 8,000 PEOPLE—500 FEET IN BACKGROUND.

This great educational institution owes its origin to the desire in the heart of the late Henry W. Grady to firmly plant upon the soil of his native State a means whereby his people, and not they alone, but all people, might ennoble themselves by developing a higher civilization and a sincere desire for that broad and comprehensive knowledge which makes the whole world brothers.

It was organized in 1887, and since that time has gone steadily forward upon the broad lines marked out for it by its founder. And to-day it offers, for nominally no return, an opportunity to those who, but for its establishment, would perforce be compelled to grope in comparative intellectual darkness.





PIEDMONT CHAUTAUQUA LAKE.  
OWNED BY THE HOTEL COMPANY.

Its progress has necessarily been hampered and impeded by the many obstacles to which such enterprises are exposed, chief among which was the overcoming of prejudice among classes who are inveterately opposed to the development of the spirit of intellectual equality and independent thought, and the natural antipathy of the unthinking among the densely ignorant, which finds its highest form of expression in the phrase, "*Them literary fellers.*"

But it has gone steadily forward, nevertheless, and with undaunted spirit its promoters propose to bring it out into the bright sunlight of a full and great success. It requires no little courage thus to face a problem serious from both a literary and financial standpoint, and to its present owners, the people of the State of Georgia and of the entire Southland owe a debt of gratitude and loyal support, for by such means, above all others, do they indicate their desire for an honorable position among the sisterhood of States.

It affords the very widest opportunities for the improvement of the minds and the morals of the people. Purely educational in character, non-sectarian in creed, unselfish in its desires, elevating in its tendencies, it strongly appeals to every lover of the true, the good and the beautiful.

The talent devoted to the purposes of its founders is of the highest order. The most learned instructors in art, science and literature have from year to year been provided. The highest class of music has been rendered and its halls have resounded with the echoes of the voices of those eminent among the enlightened and advanced thinkers of the century.

The already beautiful surroundings have this year been additionally beautified, and it is no great stretch of fancy to imagine one's self in the Groves of Parnassus, listening to the eloquent instruction of a Plato, or the oratory of a Demosthenes.





ROSE MOUND AND MUSIC PAVILION—PIEDMONT CHAUTAUQUA.

Brilliant lectures upon Art, Science, Literature, Religious History, Travel, the current topics of the day, all fully abreast with the most advanced ideas of progress, are delivered with great frequency, while throughout the entire session the highest class of operatic, classical and sacred music is rendered by a company of musical artists famous for their ability to interpret the masters of music and their compositions. Surely there is nothing to be desired, save that the people should avail themselves of the possibilities placed within their immediate reach, thus freeing themselves from the imputation of lack of desire.

A number of beautiful cottages have been erected within the grounds during the past year, and many more are contemplated. A fine drive has been constructed around the Lake, which has been deepened, and its borders graveled and made easy of access.

The session of the Piedmont Chautauqua for the season of 1891 has been placed in charge of Dr. J. W. Heidt, of Atlanta, so well and favorably known as one of the leading Chautauquans of this country, who promises a programme brilliant beyond any of its predecessors.

The arrangements for the accommodation of students and teachers have been brought to a higher state of perfection, and everything presages the most successful and satisfactory session of this great enterprise ever held.

## ANALYSIS.

## BOWDEN LITHIA WATER.

By Prof. R. Ogden Doremus, M.D., LL.D.

The attention of the Public is respectfully drawn to this analysis, by one of the foremost chemists of this century, the only one made of a Natural Lithia Water by a chemist of wide repute. The object of the Bowden Lithia Springs Company in having this analysis made by Professor Doremus was that the character of the Water might be definitely declared by one competent to perform the task, and it fully confirms the very high opinion entertained of the Water by the most accomplished physicians in all parts of the United States.

BELLEVUE HOSPITAL MEDICAL COLLEGE,

NEW YORK, August 13, 1890.

GENTLEMEN: The samples of your LITHIA WATER which I received from you last month, by Express, the seals being unbroken, Sp. gravity at 15.5° C. 1001.8, contain per imperial gallon:

Calcium Bicarbonate,	- - - - -	17.247	grains
Magnesium Bicarbonate,	- - - - -	2.874	"
<b>LITHIUM BICARBONATE,</b>	- - - - -	<b>4.447</b>	"
Ferrous Bicarbonate,	- - - - -	0.216	"
Sodium Chloride,	- - - - -	121.783	"
Sodium Sulphate,	- - - - -	8.032	"
POTASSIUM SULPHATE,	- - - - -	1.466	"
Aluminium Sulphate,	- - - - -	0.530	"
STRONTIUM SULPHATE,	- - - - -	1.226	"
Calcium Sulphate,	- - - - -	12.153	"
MAGNESIUM BROMIDE,	- - - - -	1.732	"
Silicic Acid,	- - - - -	1.263	"
Iodine,	- - - - -		
Manganese,	- - - - -		
Phosphoric Acid,	- - - - -		
Boracic Acid,	- - - - -		
Rubidium—Traces by Spectroscopic Analysis.			
Loss on Ignition,	- - - - -	5.749	"
Total Solid Residue by Calculation,	- - - - -	178.718	"
Total Solids dried at 130° C.,	- - - - -	171.925	"
Carbonic Acid in Bicarbonates,	- - - - -	9.911	"
Organic Matter—NONE.	- - - - -		
		181.836	"

Respectfully submitted,

**R. OGDEN DOREMUS, M.D., LL.D.,**

Prof. Chemistry, Toxicology and Medical Jurisprudence,  
Bellevue Hospital Medical College, and Prof. Chemistry  
and Physics, College of the City of New York.

## SEAL

CHEMICAL LABORATORY  
BELLEVUE HOSPITAL  
MEDICAL COLLEGE

**BOWDEN LITHIA SPRINGS CO.,**  
Lithia Springs, Ga.

THOMASVILLE, Ga., August 30, 1890.

I feel it to be of the utmost importance to say that I saw this Water taken direct from the Spring, placed in new glass vessels, corked, sealed and shipped to Prof. Doremus at the College of the City of New York, and his analysis fully confirms my high estimate of the value of the Water as evidenced by thorough trials of it in my practice. I desire further to state that I have absolutely no interest in the Spring or investment apart from a natural desire to acquaint my professional brethren, and through them the public, with the general and remarkable properties of the Water; and that I was not present by invitation, but was spending several weeks at the Springs for purposes of investigation from a professional standpoint only.

T. S. HOPKINS, M.D.

Member Amer. Med. Ass'n, Med. Ass'n of Ga., International Med. Congress,  
and Amer. Climatological Ass'n.

Put up only in Flint Glass Bottles, with silver foil caps over corks, lithographed labels and trade-mark blown in bottle. None genuine without. We are not responsible for breakage after receipt from railroad company in "good order," or for risk of freezing. If your druggist does not sell it, write to us. Cash, or its equivalent, must accompany all orders for Water.

## What Physicians Say.

*The Analysis of this Water challenges the world for its combination of Curative Properties, and commands the special attention of the Medical Profession. We subjoin a few notices of well-known Physicians.*

TALLULAH FALLS, GA., Nov. 26, 1889.

Bowden Lithia Springs Co.,

Lithia Springs, Ga.

Gentlemen—I must thank you for bringing before my notice Bowden Lithia Water, a Lithate which any intelligent medical man or surgeon must “par excellence” use in preferment to the custom of using a chemically formed “Carbonate of Lithia” for the destruction and elimination from the human system of abnormal acids, particularly that of “Uric Acid,” its basic formations, vide Urate of Soda, etc., etc., or Uric Acid Calculi, both of Kidney and Bladder.

On receiving the Bowden Lithia Water I had under my treatment and daily observation a gentleman—Mr. J. G., of this place, who at frequent intervals, suffered intensely from the passage of Renal Calculi besides having two calculi in the Bladder of Uric Acid formation, each being *about the size of a walnut*. The latter had existed for some years, *Chronic Cystitis* of a painful character being set up. I considered the case as one fit for the operation of “Lithotrity,” and shortly after, yet with difficulty, succeeded in breaking one of the calculi into three pieces.

At this time your Bowden Lithia Water reached me, and I decided to give this patient no drink save the Lithia Water. *On the fifth day* its action began to show itself in *the passage of stones and gravel from the KIDNEY, constantly repeated again and again*. The bladder at this time was discharging *small renal calculi, gravel and much sandy substance*, all of which, under the *microscope*, showed *Uric Acid Crystals* in quantity. In *two weeks* the Kidneys ceased passing any abnormal matter whatever. In *three weeks* I again used the Lithrotite, *crushing with perfect ease* the cystic Calculi before referred to. *The bladder shortly became clear*.

In the passage of the concretions along the Urethra I should state that a small remnant of a calculi became lodged, requiring surgical interference. Yet the patient is to-day as *free*, apparently, from Uric Acid trouble as physical man could be.

Of course I cannot but advise that this gentleman continue to use from time to time the Bowden Lithia Water as a preventative of future trouble to himself, as he comes from a gouty family.

Some day I hope to use Bowden Lithia Water in Rheumatism and Chronic Rheumatic Arthritis. Yet in coming to a conclusion relative to the merits of the Water in question, I think *I could not have chosen a more favorable case* than the above. “*Natura veritatem in Profundo Abstrusit.*” Indeed, *I may safely say that in no part of the world does a more valuable or useful Natural Medicinal Water exist for complaints truly recorded by yourselves than the Bowden Lithia Waters from Lithia Springs, Georgia.*

Truly yours,

PERCY N. DE DUBOEAY, M.D.,

Fellow Royal College of Surgeons ; Member Royal Medical Society, England ;  
Member Medical Jurisprudence Society, Philadelphia, Pa.

*Resident Physician, Tallulah Falls, Ga.*



From the author of "Mineral Springs of the United States,"

ORANGE CITY, Fla., Nov. 3, 1890.

I have tabulated and compared *all* the constituents of BOWDEN, Londonderry, Farmville, Buffalo, Carlsbad and the Marquellé of Baden-Baden, and find the BOWDEN LITHIA contains *many valuable constituents besides the Lithia*, rendering it worthy of the most serious study and adapting it to many diseases. I know Professor Doremus, and that an analysis made by him cannot be gainsaid. I do not doubt the value of the BOWDEN LITHIA WATER, and will use it in my practice for those diseases to which such water is applicable. GEO. E. WALTON, M.D.,

Author "Mineral Springs of the United States";  
Membre de la Société d'Hygiène, Paris.

HARTFORD, Conn., Jan. 14, 1891.

I am pleased to say that I have been using the Lithia Water with success in the case of my wife, who has been an invalid for three months, suffering from Nervous Dyspepsia and accumulation of Gas in the Stomach. Nothing that we did was of value until we began to use this water. Since then she has found it to be of great value and has improved steadily.

T. D. CROTHERS, M.D.,  
President and Superintendent Walnut Lodge Hospital;  
Editor *Quarterly Journal of Inebriety*.

106 EUCLID AVENUE,

CLEVELAND, O., Feb. 19, 1891.

I have three patients using Bowden Lithia Water for Kidney troubles, and am happy to report excellent results.

KENT B. WAITE, M.D.

GREENCASTLE, Ind., Nov. 22, 1890.

The Bowden Lithia Water is all you claim for it. I am satisfied that the Water is superior to any of its class, and I shall do all I can in its behalf.

N. G. SMITH, M.D.,  
Professor Principles and Practice of Medicine, Indiana  
College of Medicine and Surgery.

TRENTON, Ia., Nov. 25, 1890.

So far as I have tested the Bowden Lithia Water and the Georgia Bromine-Lithia Water they are very satisfactory.

W. S. LESSINGER, M.D.

INTERIOR, Mich., Oct. 10, 1890.

I am greatly pleased with the effect the Bowden Lithia Water had in a case of Irritation of Bladder and Prostate. It accomplishes all that you claim for it. I am delighted with its action, and cannot too highly recommend it.

H. G. TIDEMANN, M.D.

ADAIRSVILLE, Ga., Oct. 4, 1890.

I have been drinking Bowden Lithia Water for Renal Calculi. I suffered ten days from Renal Colic. After this I passed numerous Calculi and a gritty deposit. My urine was bloody. This state of things continued in spite of all remedies used, but after I had drunk freely of the Bowden Lithia Water for twenty-four hours I never passed another calculus, neither was there any sandy deposit. Both symptoms had been removed by the solvent power of the Water. My urine was perfectly clear and abundant, and has been since I commenced the use of the Water.

J. W. BRADLEY, M.D.

Ferdinand Seeger, M.D., Editor *Medical Classics*, writes :

NEW YORK, July 1st, 1888.

I have never seen a clearer water than that from the Bowden Lithia Springs, and I take pleasure in saying that I have examined it carefully and recommend its use to all sufferers from uric acid troubles. Its sparkling purity gives it a most inviting and refreshing appearance. It is very pleasant and palatable, and for mixing with wines it is certainly the peer of any imported water.

FERDINAND SEEGER, M.D.

Dr. J. B. S. Holmes, President Georgia State Medical Association, writes :

ROME, GA., Oct. 5th, 1889.

It gives me great pleasure to add my testimony to the value of Bowden Lithia Water in many diseases. For several years I have used it extensively in my practice, with the most gratifying results. Its effects, in many cases of stomach, kidney, bladder and Nervous Diseases, have been truly marvellous. I have had particularly happy results from its use with ladies suffering with *Insomnia* and Nervous Dyspepsia. I can and do heartily recommend this water as a very valuable remedial agent.

J. B. S. HOLMES, M.D.

SHELBYVILLE, TENN., Oct. 31st, 1889.

Gentlemen—Having suffered greatly with a severe attack of Papular Eczema for the last eight or nine years, I take pleasure in testifying to the great benefit I have received from the use of the Bowden Lithia Mineral Water, both by drinking and bathing in the water, for the last three months, at the Springs. The bathing is very soothing to the irritated and itching skin, always affording and giving comfort for hours after a bath, and, *in my case, certainly explodes the theory of many writers on Eczema, that the external application of water was injurious to, and aggravated said disease.* The action of this water on the kidneys is very decided and beneficial, and I cheerfully recommend its use to any one suffering with Eczema, or diseases, either functional or organic, of the urinary organs.

Respectfully,

R. F. EVANS, M.D.,

Ex-President Tennessee State Medical Society.

THOMASVILLE, GA., Nov. 24th, 1889.

Mr. E. W. Marsh,

Atlanta, Ga.

My dear sir—Permit me to return you my sincere thanks for the case of Bowden Lithia Water which you were so kind as to send to my friend, Mr. C., of this city. It has *entirely relieved him of Chronic Irritation of the Urinary Organs of very long standing.* This is the *second case* cured by Bowden Lithia Water in my practice, and I shall continue its use in such cases. The amount of BROMINE in the Bowden Lithia Water leads me to believe that its combination with other constituents of the Water, as exhibited by the analysis published, will provide a very pleasant substitute for the *Potassic, Sodic, Ammonic, Bromic and Lithic Bromides*, which we are constantly called upon to prescribe in the various forms of *Nervous Diseases* coming under our observation and treatment. I intend to give it a fair trial in these cases. We have in the State of Georgia some of the best Mineral Springs in America, but unfortunately they are *too near home.* If they were a *thousand miles away* hundreds would visit them and be benefited by their medicinal properties who now pass them by in search of others with far less merit.

Very truly your friend,

T. S. HOPKINS, M.D.

ATLANTA, GA., Oct. 5th, 1887.

I have used Bowden Lithia Water in cases of dyspepsia, kidney and bladder affections with good results. The ingredients, as shown by the analysis, suggested to me its use in this class of cases. Where there is sufficient quantity of medicinal elements found in mineral waters, they seem to be more efficient as blended by Nature than where formulated by art; hence, the great benefit to many invalids who visit these Springs.

THOS. S. POWELL, M.D.

ATLANTA, GA., Oct. 4th, 1887.

For the last year I have watched the effect of Bowden Lithia Water in *Chronic Diseases*, and have known it to be beneficial in a great many cases. I know a gentleman suffering from Dyspepsia, caused by Bright's Disease, to be relieved from this complication after using it a short time.

N. O. HARRIS, M.D.

OXFORD, GA., Oct. 5th, 1887.

It gives me great pleasure to say that, in my opinion, the Water from Bowden Lithia Springs possesses *the highest medicinal* value. As to the Sweet Water Park Hotel, I do not see how it could be surpassed for comfort, elegance, and kind attention to guests.

ISAAC S. HOPKINS, M.D., Ph.D., D.D.,

President Emory College.

STATE LUNATIC ASYLUM,  
Office of T. O. Powell, Supt. and Resident Physician,  
MILLEDGEVILLE, GA., Oct. 10th, 1887.

I take great pleasure in saying that there can not be any doubt as to the fine *medicinal* properties of Bowden Lithia Water. As to the Sweet Water Park Hotel, and its appointments, there are none better in this country. The surroundings are all favorable in every respect to health and comfort.

T. O. POWELL, M.D.

ATLANTA, GA., Oct. 3d, 1887.

It gives me pleasure to recommend the Water of Bowden Lithia Springs as an efficient medical agent in various diseases.

R. B. RIDLEY, M.D.

I concur in the above after personal observation of their effects.

J. Mc F. GASTON.

ATLANTA, GA., Jan. 25, 1887.

I have watched the effects of the Water from the Bowden Lithia Springs, situated on the Georgia Pacific Railroad, for several years, besides using it in my family, and do not hesitate to say that it is a Water of real merit and especially adapted to cases of all chronic glandular engorgement, and to Rheumatism and its kindred disorders.

G. G. ROY, M.D.

COLUMBUS, GA., Oct. 20, 1887.

After testing Bowden Lithia Water for over two months in person at the Springs, last summer, I cannot say enough in its praise. My daughter, Mrs. J. F. Orr, of Charlotte, N. C., was relieved of virulent blood poison, producing painful swellings on her shoulder and hand, by the use of one carboy of the Water. I had a patient in New Orleans, who had been under the care of several competent physicians for over eight months, and who

was greatly emaciated, and was confined to her bed the greater part of the time. I ordered a carboy of Bowden Lithia Water sent to her, and before it was over half drank she was able to be up and out. I saw and talked with many while at the Springs who were affected with various diseases arising from impure blood, and I do not recollect a case that was not benefited. As blood is the life of man, and most diseases originate from its impurity, I esteem it the *best for blood cleansing of any water in my knowledge*. I tested the Hot Springs, Arkansas, for six weeks faithfully before going to Bowden Lithia Springs, with little or no benefit. But in less than *two weeks* after drinking Bowden Lithia Water and taking the hot baths, I felt like a new man, to which many friends who saw me before visiting the Springs, and after, will testify. I could say much more, if necessary. It is a very wonderful Water, and I would recommend the afflicted, from whatever disorder they may be suffering, to give the Water a thorough trial, and they, as do I, will praise it as a great blood purifier and rejuvenator.

N. J. BUSSEY, M.D.

VIENNA, GA., Oct. 3, 1889.

Bowden Lithia Springs Co.,  
Lithia Springs, Ga.

Gentlemen—Bowden Lithia Water gives the greatest satisfaction in the treatment of Jaundice and other Chronic Malarial Diseases.

T. P. McELREATH, M.D.

#### A CASE OF BRIGHT'S DISEASE THAT WAS PRONOUNCED INCURABLE.

SANDERSVILLE, GA., Oct. 16, 1889.

Bowden Lithia Springs Co.,  
Lithia Springs, Ga.

Gentlemen—I received the case of Bowden Lithia Water to-day in good condition. Enclosed you will find my check for \$5.00 in payment for same. My health is much improved and I am stronger than when I reached home. I have great faith in the water, and talk it up to all.

Yours truly,

J. T. YOUNGBLOOD.

Judge Youngblood was pronounced incurable and the physicians declined to treat him on that account. He visited the Springs, remained two months, and returned to his home very greatly benefited. His letter speaks for itself.

Uncle Remus says:

Editorial Rooms *The Atlanta Constitution*, }  
ATLANTA, GA., Sept. 30, 1889. }

Bowden Lithia Springs Co.,  
Lithia Springs, Ga.

Gentlemen—Several years ago I was suffering from kidney complaint and general debility. I lost flesh constantly, at the rate of *a pound a week*. After treatment by my family physician, which failed altogether, and after dosing myself with various patent medicines, I concluded to go to Lithia Springs. The place was undeveloped then, but I drank the water and sat under the shade of the trees, and recovered my health entirely. *I weighed 108 pounds* when I went to the Springs, and *now I weigh 168*. I think there is no case of Dyspepsia or kidney ailment that this Water will not cure. I have sent hundreds of my friends to Lithia Springs, and they have all been materially benefited.

Sincerely,

JOEL CHANDLER HARRIS.



LITHIA SPRINGS, GA., Nov. 20th, 1889.

Bowden Lithia Springs Co.

Gentlemen—I take pleasure in bearing most unqualified testimony to the beneficial effects which have resulted from the use of Bowden Lithia Water in my family.

I have resided near the Springs for the last six months. For the first three months my wife drank the Water very seldom, as she did not come here for that purpose. For the last three months she has drunk no other, and the improvement in her health, almost from the time she began its exclusive use, has been so decided that it can be attributed to no other cause than the virtues which the Water possesses. She has been free from excruciating headaches, to which she was before constantly subject, can now eat with impunity articles of food in which she before did not dare to indulge, and has, in other respects, been greatly benefited.

She will be absent from home now for some time, but I shall ship the Water more than seven hundred miles to her, because I do not consider it even safe for her, at least for the present, to forego its constant use. Respectfully,

THOS. D. DAVIDSON, (Ph.D.)

ALBANY, GA., Nov. 18th, 1889.

Bowden Lithia Springs Co., Lithia Springs, Ga.

Gentlemen—The Water ordered from you was for a lady visiting us at Mount Airy. She took it for Nervous Prostration and was very greatly benefited by its use.

Yours truly,

W. E. MITCHELL.

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#### A WONDERFUL SPRING.—(See page 27.)

From *The New South*, Douglasville, Ga., December 17th, 1889.

Trustworthy information has reached us concerning the discovery of a medicinal spring in this county, at Lithia Springs, about six miles from Douglasville, which marks it as the most remarkable one in the United States, if not in the known world. The locality has for many years been known as Salt Springs, but has been recently changed to Lithia Springs, as, owing to the analysis made of the first known spring, it was found that the water was of the class known as saline-alkaline waters. About a year since, another small spring, about one hundred yards from the one so well known, was opened, as many who had tasted the water were convinced that it had mineral properties. It was not analyzed, however, as it was not believed to be of any particular commercial value, or to possess any curative properties. A small pavilion was erected over it, more as a resting place for visitors during the warm part of the day than for any other purpose, and an ordinary pump put in, to allow any one that chose to drink of it. The water had a much more decided taste to it, however, than the one used commercially, and a number of visitors, who were accused of possessing a somewhat morbid taste, soon grew to like it, on the principle, we suppose, that one can grow to like even what at first seems destitute of any attribute to please or attract.

Among the number were several who had come to the Springs for rest and quiet, and they soon discovered that they were inclined to become drowsy and sleepy, among them a physician from Atlanta. This peculiar effect, however, was ascribed to the climate, largely, and to the fact that there were no disturbing elements in the current of their daily lives while rusticated in the vicinity of the Springs. In the case of the physician, however, the statement made by him was to the effect that at no place had he ever been enabled to secure such refreshing sleep and rest, and he called the attention of the proprietors to that fact, but it was ascribed, as before stated, simply to climatic effects, and no further attention was paid to the matter, and no effort made to discover any latent virtue in the water.

During the past summer a number of guests at the Sweet Water Park Hotel, connected with the Springs plant, repeatedly urged upon the owners of the property, Messrs. E. W. Marsh & Co., to have the water from the spring analyzed, among them being Dr. R. F. Evans, ex-President of the Tennessee State Medical Society, residing at Shelbyville, Tenn., who came seeking relief from a violent attack of Papular Eczema, and who found great relief from using the water from these Springs, both externally and as a bath, and who also brought a number of his patients to the Springs. But it was not until the latter part of October last that any effort was made to determine its value analytically.

About the 24th October last, however, Mr. E. W. Marsh, of Atlanta, Ga. (of the great dry goods house of Moore, Marsh & Co.), who is the principal owner of the Hotel and Springs property, sent over an order to the Manager of the Springs to send him a carboy of the water from the Spring in question, in order that it might be demonstrated finally whether there was anything in the water, or whether the visitors or guests were simply laboring under a delusion. The water was accordingly carefully gathered in a glass carboy, sealed with the company's seal, and sent to Mr. Marsh by express.

He at once communicated with Dr. N. A. Pratt, of Atlanta, one of the best known and most able analytical chemists in this country, stating that he desired a careful quantitative analysis made of the water, without giving him any information as to the whereabouts of the source of it. The most painstaking and careful analysis was then entered upon by Dr. Pratt, consuming eight days, and resulting in surprising him to such an extent that he repeated the analysis a second and third time, each subsequent analysis confirming the first. Careful inquiry upon his part satisfied him that the water was genuine and pure and that no device or subterfuge had been resorted to, and he therefore forwarded the analysis to Mr. Marsh for publication to the world.

We are personally acquainted with Mr. Marsh, and have no hesitancy in declaring it as our firm conviction that the water is all that it is said to be or claimed to be, namely, the most remarkable water known to the general public. The feature that so greatly surprised Dr. Pratt was the very large amount of Bromine—20½ grains to the gallon—an unusual and unprecedented amount, there being no known spring in the world containing so large a quantity. Indeed, we find by comparison that it contains 600 times the amount of Bromine in any water now on the market, thus confirming its wonderful properties.

This analysis has served to explain the peculiar effect of the water upon the visitors and guests before mentioned—that of a sedative—Bromine being the great sleep producer and nerve sedative, and of unequalled value as a remedy for skin troubles, as we have been informed by those familiar with its peculiar properties.

Did space permit we should publish the analysis, showing the many wonderful properties of the water from this newly-analyzed Spring, and will probably do so at a future date, believing that it is the province and office of a newspaper to furnish the public with all the information that tends to benefit and attract attention to its section of country.

Here is located the magnificent Sweet Water Park Hotel, one of the finest houses and most complete in all its appointments to be found in the South, with first-class accommodations for five hundred guests, with the lovely walks and grounds of the Piedmont Chautauqua, besides cottages and numerous boarding-houses—the quiet and peace of a retired resort, with every comfort and convenience to be found in the large cities, and only about forty minutes' ride to Atlanta.

Truly, Georgia is a great State, and Douglas County one of the best sections of it. We have within our borders the finest lands, the richest ores, the most salubrious climate, and progressive and energetic citizens, and we invite the industrious, frugal and honest men of all sections to visit us, get acquainted with us and our county, and become one among us.

# IMPORTANT.

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## BROMINE-LITHIA WATER.

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Nature yields her secrets to the chemist. The Bowden Lithia Springs Company has received from N. A. Pratt, M.D., Consulting Chemist, of Atlanta, Ga., an Analysis of the Water contained in a spring recently opened within the Springs Park, about 100 yards from the famous Bowden Lithia Spring, so long and favorably known, owned and controlled by the Company.

The result of this Analysis, *three times repeated*, will beyond all reasonable doubt, revolutionize the administration by the Medical Profession of the Bromides in the treatment of the wide range of the protean forms of Nervous Troubles, and will demonstrate that Nature has provided in the form of bright and sparkling Water the Hypnotic par excellence of the world.

A very strong antagonism is being developed in the ranks of the medical profession to the indiscreet use of the Bromide of Potassium of commerce, and while due allowance must be made for the natural divergence of opinion among these gentlemen, it is firmly believed that this Water, just analyzed, will furnish the greatly desired medium of Anti-Nervous medication so long desired by physicians of all shades of opinion.

Space and time will not permit us in this volume to quote authorities both for and against this much disputed form of medication, but this Company will shortly issue a Monograph upon the subject, setting forth fully the views of the most eminent medical practitioners in the world. During the past two seasons the experience of many hundreds of guests at the Sweet Water Park Hotel, owned and controlled by this Company, and located at the Springs, has furnished the reason for an analysis of this Water, so marvellously rich in Bromine.

As in the case of so many Mineral Springs, this Spring has been known as undoubtedly possessing mineral properties, but was not opened up for the purpose of drinking until May, 1887, and a small pavilion was then erected over it for the purpose of affording a resting place for guests. The Water was not drunk in any appreciable quantity for months after the Spring was opened, however, until claims were made by several physicians and guests that their inability to sleep had been overcome by drinking it, and that several who had been induced to try it by their acquaintances for cases of Eruptive Diseases and Eczema had not only received substantial benefit, but had been absolutely cured by it.

So marked had several of these cases become that, after persuasion by these physicians and guests, the Company was induced to have an Analysis made for the purpose of determining satisfactorily the properties of the Water, and the result marks an epoch in the history of Natural Medicinal Mineral Waters.

On the 25th of October, 1889, orders were received at the Springs from Mr. E. W. Marsh, of Atlanta, Ga., the principal owner of the interests in the Springs Company, to carefully gather from the Spring a sufficient quantity of the Water with which to have made a quantitative analysis of it. Especial care was taken in securing a pure sample of the Water, the Manager of the Company being requested to personally conduct its shipping. The result is here given in full, and the most careful attention is called to its characteristics as a Great Nerve Sedative. See next page.



# ANALYSIS.

## BROMINE-LITHIA WATER.

GEORGIA GEOLOGICAL, MINING AND CHEMICAL BUREAU, }  
16 FITTEN BUILDING, }  
ATLANTA, Ga., Nov. 24th, 1889. }

Result of ANALYSIS OF MINERAL WATER, received sealed from LITHIA SPRINGS, GA., sent by E. W. Marsh, Esq., Atlanta, Ga., Oct. 27th, 1889, expressed in Grains, per Imperial Gallon :

Total Solid Contents	- - - - -	173.368
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COMBINED AS FOLLOWS :

<b>BROMINE</b>	{ MAGNESIUM BROMIDE - <b>15.230</b> { POTASSIUM BROMIDE - - <b>5.294</b>	} <b>20.524</b>
LITHIUM BI-CARBONATE	- - -	1.670
MAGNESIUM IODIDE—IODINE	- - - - -	.734
<i>Strontium Sulphate</i>	- - - - -	.280
Calcium Sulphate	- - - - -	20.210
Aluminium Sulphate	- - - - -	2.607
Sodium Chloride	- - - - -	124.490
Sodium Phosphate	- - - - -	.893
Silicic Acid (Soluble)	- - - - -	1.960
		173.368
Total Solid Contents	- - - - -	173.368

The result, especially as to the *large amount* of BROMINE, was so *unusual* and *unexpected*, that I have repeated the Analysis *three times* with practically the same result. I have made special determination for IODINE, and find as reported above.

N. A. PRATT, M.D.,

*Consulting Chemist.*

### OUR ONLY COMPETITOR.

THERE IS REALLY NO COMPARISON.

Thompson's Bromine—Grains	- - -	0.03615
GEORGIA BROMINE—GRAINS	- - -	<b>20.524</b>

Or over 600 times the quantity of Bromine to the Imperial Gallon. COMMENT IS QUITE UNNECESSARY.

# BROMINE-LITHIA WATER.

## NATURE'S GREATEST PRODUCT.

A safe and thoroughly reliable substitute for the *Bromide of Potash* in the treatment of *Neurasthenia*, *Insomnia*, *Nervous Prostration*, the *Morphine Habit*, *Dipsomania* and *Nervous Restlessness*, *Depression of Spirits*, *Nervous Headache*, and all forms of *Nervous Disorders* of every kind. A guaranteed *specific* for the many forms of *Eczema*, *Psoriasis*, *Scrofula*, and all phases of *Skin Diseases*.

Its wonderful combination of *Bromine*, *Iodine* and *Lithia*, renders it valuable beyond all competitors for *Kidney* and *Bladder Troubles* when complicated by *Nerve Troubles*. As a *Bath water* it leaves the skin soft and velvety, and is refreshing and invigorating to the highest degree. For *Nervous Troubles* drink not less than six tumblers daily of the Water.

For *Insomnia* drink freely through the day and one or two glasses one hour before retiring, hot.

### PRICE OF WATER.

Per Case, 12 Half-Gallon Bottles,	-	-	-	-	-	-	-	-	-	-	-	\$5 00
24 Quart Bottles,	-	-	-	-	-	-	-	-	-	-	-	6 00
Per Carboy, 6 Gallons,	-	-	-	-	-	-	-	-	-	-	-	3 00
12 Gallons,	-	-	-	-	-	-	-	-	-	-	-	5 00

F. O. B. CARS AT THE SPRINGS.

Cash or its equivalent should accompany orders. Full information as to Springs, Baths, Board, &c., &c., cheerfully furnished upon application. Do not enclose stamp for reply. We supply all information free and promptly.

**BOWDEN LITHIA SPRINGS CO.,**

*Lithia Springs, Ga.*

# MEDICAL DEPARTMENT,

BOWDEN LITHIA SPRINGS CO.

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Office of  
W. H. WHITEHEAD, M.D.,  
Resident Physician.

LITHIA SPRINGS, GA., Dec. 1, 1889.

Bowden Lithia Springs Co.

Gentlemen—I am pleased to add my testimony to the efficacy of the Water from the newly analyzed Spring in this remarkable group of Mineral Springs.

In a two years experience here as Resident Physician I had very frequently observed that all visitors and patients who drank from this Spring experienced a drowsy sensation, and slept remarkably well. Indeed, so marked was the effect upon some individuals suffering from Nervous Prostration causing Insomnia, that I have known them, after drinking this Water a very few days, to oversleep, often enjoying 10 and 12 hours of refreshing sleep, and securing permanent relief.

It is needless to say how beneficial a Water of this kind is to the vast army of sufferers from the so-called "*Nervous Disorders*," among all of which INSOMNIA is the most prominent and distressing symptom. Nothing so soon undermines the human "machine" as "loss of sleep." Truly does the poet express the sum of hygienic philosophy and practice in his line:—"Tired Nature's sweet restorer, balmy sleep."

Having observed the practical effects of this Water in producing such refreshing and beneficial sleep, and its sedative action upon the Nervous System of invalids and guests alike, I was not surprised to learn that it proved, upon analysis, to be unusually rich in Bromine, and I am confident the Water will become as famous as a Sedative as your Bowden Lithia Water has become as a specific for Bladder and Kidney Troubles. The two combined, or drunk in connection, are simply incomparable in their effect upon the human system.

Very respectfully yours,

W. H. WHITEHEAD, M.D.,  
Resident Physician and Director of Medical Dep't.

## AS A REMEDY FOR SLEEPLESSNESS.

SHELBYVILLE, TENN., November, 1889.

I am very much gratified at the analysis of the Water from the Bromine Lithia Spring. It is certainly very remarkable Water, and contains more *Bromine* than any Water in the wide round world that I know anything about, and accounts for its wonderful soothing and somnolent qualities to persons afflicted with *Sleeplessness*, and to show you my faith in it—I try to prove it by my works—I have a patient now that I wish to try it with, and wish you to send a case of it immediately to Hon.—— of this place, and be certain to send the same that I am using for myself, from the Bromine-Lithia Spring. As soon as the analysis is published send me a number of copies of it, as I desire to utilize them.

R. F. EVANS, M.D.,  
Ex-Prest. Tennessee State Medical Society.



HAVEN'T YOU SUFFERED  
LONG ENOUGH

FROM YOUR

SKIN DISEASE

OR

BLADDER TROUBLE

In View of the Fact that

YOU CAN BE THOROUGHLY CURED

Of Either by Using

GEORGIA BROMINE-LITHIA WATER?

---

IT HAS NEVER FAILED!

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A Word to the Wise is Sufficient.

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REMEMBER THE NAME,  
GEORGIA BROMINE-LITHIA.



T. D. CROTHERS, M.D., Hartford, Conn., in *Quarterly Journal of Inebriety* for April, 1890.

### BROMINE-LITHIA WATER.

A fine Lithia spring has been known for some time at a little hamlet called Lithia Springs, in Douglas County, Georgia. Recently an analysis has revealed the fact that it is the only spring known to science which contains Bromide of Potassium and Magnesia; this is combined with Lithium, Strontium and Iodide of Magnesium. The effect of this water is both a tonic and sedative, and in the army of nervous cases it gives promise of being a remedy of wonderful power. Theoretically, a natural combination of the Bromides with Lithia and the Iodides would be a remedy of great value in a large number of cases. Practically, it has more than fulfilled these expectations, and although this water has been very recently introduced, there are many reasons for supposing that it will become the most widely used of any medicinal water known. Our personal experience in three cases of Alcoholic Rheumatism and Neuralgias is very satisfactory, so far, and we hope to announce in the near future that at last a remedial water has been found which can be given to all Nervous Exhausted cases with great certainty as to the results. As the Hot Springs of Arkansas is the great resort of rheumatic and syphilitic cases, this Bromide Spring of Georgia may become the great resort of Neurotics of all kinds. It is perfectly clear that under any circumstances this Water will become a popular remedy and these Springs a famous resort in the near future.

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"The Lithia Water containing *Bromine* promises to be more valuable than at first supposed. It has proved already to be a superior remedy in Diseases of the Stomach and Kidneys."—Dr. T. D. CROTHERS, in *Quarterly Journal of Inebriety*, January, 1891.

1736 MILWAUKEE AVENUE,  
CHICAGO, Nov. 22, 1890.

I have had the opportunity to prescribe Georgia Bromine-Lithia Water in Nervous Affections, especially in cases of a Rheumatic and Gouty Diathesis, and I believe it to be very useful in these cases. I prescribed the Water, also, in some cases of the first stage of Sclerosis of the Liver. I am glad to state that the result was prompt and satisfactory.

S. DAHL, M.D.

Dr. D. H. HOWELL, Editor *Southern Medical Record*, Atlanta, Ga., says of this Water, among other things:

"I have carefully tested the *Georgia Bromine-Lithia Water* in my own case and find it the best I have ever used. I have also prescribed it in my practice for the past year, and secured the best of results. In fact, the Water accomplishes all that is claimed for it, and I feel that I can write and commend it without any doubt existing in my mind, and shall prepare an article for publication upon it."

February 12, 1891.

3200 VERNON AVENUE,  
CHICAGO, Ill., Dec. 31, 1890.

I shall be glad to be instrumental in bringing to the notice of the profession a remedial agent of such marvelous powers as I believe your Springs represent and possess in an eminent degree.

ANDREW JAS. PARK, M.D.



# OF THE HIGHEST IMPORTANCE.

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We desire to direct the attention of invalids and others to the very valuable properties of these Waters in the treatment of all forms of complaints named :

**Catarrh of the Bladder**—One of the most tenacious and stubborn diseases known to the physician, rarely yielding to the most heroic treatment. Our record of recoveries in the treatment of this dreaded complaint is a truly remarkable one. The Waters have not failed in a single instance to *permanently cure* every case treated a result unequaled in the realm of medicine.

**Gravel and Stone in Bladder**—(*Calculi*)—A painful and extremely dangerous condition, setting up Inflammation of the Prostate, as, also, the entire Urinary Tract, and the fruitful source of

**Cystitis—Acute and Chronic**—Vesical Tenesmus and the train of diseases entailing suffering unequaled. We show genuine testimonials from *living patients* as to the very remarkable recoveries consequent upon the use of the Waters. Undisputed and unquestioned triumphs.

**Rheumatism, Gout**—And every form of disorder arising from *Uric Acid*, yield readily to the Waters, owing to the large amount of LITHIA (found in its natural and most powerful state), the only element known to science possessing the peculiar power of neutralizing the dangerous acids causing Calculi, Urates, Gritty and other Deposits in the joints and organs of the body. The solvent power of the Waters has been very fully attested and confirmed by the results of its use in the hands of distinguished physicians.

**Kidney Troubles—Bright's Disease**—Granular Kidney, Albuminuria, Diabetes, Glycosuria, Diabetes Mellitus, Lardaceous or Waxy Kidney—all of obstinate nature and the cause of a large proportion of deaths from Præmic Poisoning, Convulsions and kindred diseases—are quickly affected by the use of the Waters, with their remarkable Anti-Lithic properties. They absolutely remove all URIC ACID from the system.

**Diseases of Delicate Women**—Leucorrhœa, Albuminuria of Pregnancy, and every form of Female Weakness. As a douche and drink, the Waters have proven themselves of the very highest value. Over 1,000 ladies visited the Springs last season, and used the Waters for this purpose with very great satisfaction. It has also proved very efficacious in preventing Puerperal Fever, Nausea During Term, and other disturbances incident to delicate conditions. The Water will be found as efficacious at your home as at the Springs.

**Skin Diseases**—Such as Eczema, Psoriasis, Urticaria, Tetters, Ringworm, Ulcers, Old Sores, have yielded and been thoroughly expelled from the system by the use of the BROMINE-LITHIA WATER as a Bath and for drinking purposes. We have the record of the most remarkable case in the annals of medicine—a prominent physician, who was entirely relieved of a vicious attack of Eczema of nine years' duration, and who is now again practising his profession, although abandoned for five years prior to his recovery.

**Nervous Disorders**—Of every form yield readily to the use of the BROMINE-LITHIA WATER, by reason of the presence of the NATURAL BROMIDES held in a beautiful solution in that Water. This Water alone has achieved remarkable results in Insomnia, or loss of sleep, Nervous Depression or Prostration, Nervous Dyspepsia, Loss of Appetite, Hysteria, Melancholia, Indigestion, Alcoholic Neuralgia and Neuroses generally.

**Dysentery and Diarrhœa**—Either Acute or Chronic, are relieved by the use of the BOWDEN LITHIA WATER within 48 hours, and the morbid causes removed thoroughly from the system. Authentic cases reported.

**Dyspepsia**—(Nervous or Atonic)—Indigestion of every form, Flatulence, Eructation of Wind, Gaseous Accumulations in the Stomach arising from Imperfect Digestion, Anæmia from Imperfect Assimilation of Food, are quickly and thoroughly removed by the use of CARBONATED BOWDEN LITHIA WATER, which forms the finest Ant-acid or Neutralizer of Acids in Wines and Liquors, thus preventing inflammation or irritation of the Stomach. As a TABLE WATER the CARBONATED LITHIA is without an equal, as an aid to the *Digestion and Assimilation of Food*.

# WARNING TO THE PUBLIC!

## Artificial Mineral Waters are Dangerous!

GEO. E. WALTON, M.D.,

In "Journal of Balneology" for October, 1889:

"Even if a mineral water could be artificially made precisely the same as the natural water, the manufacture should not be countenanced by the profession or the public, for the reason that our perplexities in the use of mineral waters will have added thereto those unfortunate imperfections of human nature—avarice and error. If cupidity causes man to adulterate sugar, butter, pepper and mustard, with which we are familiar, how much more certain is it to operate in the shades of the laboratory upon an article requiring expensive apparatus and accuracy of methods, of which the consumer is in nowise a judge? \* \* \* The unvarying answer should be, 'Discard all of them altogether and **purchase only the natural water.**'"

Dr. Walton arrives at the following conclusions :

Natural mineral waters cannot be artificially produced.

So-called artificial mineral waters are imitations only. They do not represent the natural waters, and should not be used for them.

Laws should be passed requiring that imitation waters be plainly and conspicuously so labeled, with the formula and name of the manufacturer attached.

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BE ON THE SAFE SIDE,

AND USE THE

FAMOUS GEORGIA NATURAL MINERAL WATERS,

WHICH ARE

ABSOLUTELY PURE.

# SWEET \* WATER \* PARK \* HOTEL.

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Its Motto—Elegance and Comfort.



ANGLE OF HOTEL—SHOWING GROVE OF SHADE TREES.

*Summer Season, 1891, opens May 12th; Winter Season  
opens January 11th, 1892,*

FROM WHICH DATE THE HOTEL WILL REMAIN OPEN CONTINUOUSLY.

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**T**HIS ELEGANT and in every sense high-class modern Hotel was opened May 15th, 1888, and has since enjoyed the most flattering success, owing to its superior facilities and select patronage. It affords first-class accommodations for 500 guests. Furnished in the most modern style, and with a **CUISINE** unsurpassed for quality and service. Elevation, 1200 feet. Temperature—Summer, 75 to 90°; Winter, 40 to 60°. **NO SNOW OR SLUSH IN WINTER.** Crystal Sun Parlor (Solarium) surrounding East Piazza, 200 feet in length by 15 in width, for delicate persons and invalids who seek the use of the Waters and Climate. The famous Mineral Waters in all rooms, fresh from the Springs, **free**. Sanitary arrangements unsurpassed. **NO MALARIA.** 750 Electric Lamps; Dry Steam Heat; open grates in every room. Sweet Water Park, in the midst of which the Hotel is situated, was designed by Landscape Artists, and has a profusion of most beautiful Flowers of every variety—\$3,000 having been expended for **Roses** alone—with Fountains, Terraces and Walks, together with 30 varieties of Trees, including a Grove of Pines. 30 miles of beautiful Drives. Livery connected with Hotel. Ask us (on postal card) to send you our rates.

E. W. MARSH & CO., Prop'rs, Lithia Springs, Ga.

THE MACKENZIE PRESS—WALBRIDGE & CO., NEW YORK.









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